



The Sertoma Arts Center

1400 W Millbrook Rd.
Raleigh, NC, 27612 (919) 420-2329

Adult Fitness and Healing Programs

Exercise –Sertoma Kripalu Yoga Beginning

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor Susan Kilmon. Course Fee: \$48

#122157 May 15-Jun 19 T 12:00-1:00pm

#122158 Jul 9-Aug 13 M 6:15-7:15pm

#122159 Jul 9-Aug 13 M 7:30-8:30pm

#122160 Jul 10-Aug 14 T 12:00-1:00pm

#122155 May 14-Jun 25 M 6:15-7:15pm; no class May 28

#122156 May 14-Jun 25 M 7:30-8:30pm

Exercise –Sertoma Kripalu Yoga Continuing

Age: 16yrs and up. This course is a continuation of Kripalu Yoga beginning class. Student's should have taken the beginning class or have yoga experience.

Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Kilmon

Course Fee: \$48

#122161 May 16-Jun 20 W 7:30-8:30pm

#122162 May 17-Jun 21 Th 12:00-1:00pm

#122163 Jul 11-Aug 15 W 7:30-8:30pm

#122164 Jul 12-Aug 16 Th 12:00-1:00pm

Exercise – Sertoma Meditation

Age: 16yrs and up. Practice the art of inner listening and discover how insight and meditation can help you feel truly alive and connected with the treasure of each moment brings. Bring a firm pillow and either a mat or blanket to each class. Susan Kilmon instructs. Course Fee: \$48

#122167 May 16-Jun 20 W 6:15-7:15pm

#122168 Jul 11-Aug 15 W 6:15-7:15pm

Exercise – Sertoma Nia

Age: 13yrs and up. Nia explores the body, mind, emotion, and spirit connection in a non-impact practice that combines martial arts, dance, and healing arts. It delivers a safe, effective cardiovascular workout with total body conditioning adaptable to all fitness levels. Before undertaking any exercise program one should consult a physician. To learn more visit www.trianglenia.com.

Course Fee: \$56

Julie Ihrig

#122174 May 15-Jun 26 T 9:30-10:30am

#122175 Jul 10-Aug 21 T 9:30-10:30am

#122177 Jul 13-Aug 24 F 9:30-10:30am

#122176 May 11-Jun 29 F 9:30-10:30am; no class May 25

Julie Ihrig and Laura Ghanous

#122179 Jul 14-Aug 25 Sa 10:00-11:00am

#122178 May 12-Jun 30 Sa 10:00-11:00am; no class May 26

Exercise –Sertoma Tai Chi for Beginners

Age: 10yrs and up. Tai Chi is a slow and continuous motion that is combined with a focus on physical balance and mental concentration. It is a moving meditation that relaxes body and mind. Many medical professionals endorse Tai Chi as therapeutic for various health conditions. The class will introduce basic skills of body alignment, balance, coordination, and breath control.

Through the exercise of weight transfer and core rotation, students will enhance internal energy and build physical strength. Instructor: Dr. Xiaoqin Wu Turner. Course Fee: \$48

#122363 May 16-Jun 20 W 5:00-6:00pm



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Exercise –Sertoma Yoga for Everybody

Age: 16yrs and up. A class for everybody, at any level, to discover the benefits of yoga poses: come stretch; find balance, greater strength, and overall well-being. Known for helping with increasing energy levels and stress relief, take a yoga respite and have some time for your Self. This class will focus on where you are in your body with gentle and healing postures. All levels welcome. Bring a yoga mat or blanket. Nancy Williams instructs. Course Fee: \$48

#123125 Jul 9-Aug 13 M 1:00-2:00pm

#123124 May 14-Jun 25 M 1:00-2:00pm; no class May 28

Exercise – Sertoma Zumba

Age: 12yrs and up. Zumba is all about partying your way to fitness! ALL fitness levels enjoy this perfect blend of dance and exercise. You will have so much fun that you won't even realize that you're burning up to 1000 calories per class! We'll explore Salsa, Samba, Cumbia, African Dance, belly dance, and more—in a fun and easy to follow format. All songs are devoted to toning our bodies while we are dancing. Some classes may vary in price due to a 5-week or 6-week class. Instructor, Diana Call – Spanish and English Bilingual instruction available. Course Fee: \$48

#122251 Jul 10-Aug 14 T 6:00-7:00pm

#122250 May 15-Jun 19 T 6:00-7:00pm

Exercise – Sertoma Ageless Grace®

Age: 16yrs and up. Ageless Grace® Timeless Fitness For Body and Mind. The Ageless Grace® program—21 Tools for Lifelong Comfort and Ease—is a fitness and wellness program designed for all ages and abilities that can be done by almost anyone, regardless of most physical limitations. The movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. All of the exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic—there's no need to learn any special choreography. Each of the 21 Tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right left brain coordination, cognitive function, systemic stimulation, balance, confidence and playfulness. The easy-to-learn Tools of Ageless Grace® promote the three R's of lifelong comfort and ease—the ability to respond, recover and react efficiently and safely. Julie Ihrig, Instructs. Course Fee: \$35

#122181 Jul 13-Aug 24 F 11:00-11:45am

#122180 May 11-Jun 29 F 11:00-11:45am; no class May 25

Exercise –Sertoma Kripalu Yoga for Seniors

Age: 55yrs and up. This chair class is designed for seniors and other with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion, circulation, and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Kilmon. Course Fee: \$48

#122165 May 22-Jun 26 T 1:30-2:30pm

#122166 Jul 17-Aug 21 T 1:30-2:30pm